

## CWSF 2017 - Regina, Saskatchewan



### Sienna Longo

#### Gutted: The Effects of Gut Microbiota on Health

**Challenge:** Health

**Category:** Intermediate

**Region:** East Kootenay

**City:** Fernie, BC

**School:** The Fernie Academy

**Abstract:** This project was a study of the effects of gut microbiota on overall health. It was found that gut microbiota have significant effects. The blood test results of one subject were studied over nineteen months during which they went on a restrictive food program. There were significant improvements in the subject's blood component levels, thus proving that diet has a significant effect on overall health.

#### Biography

My name is Sienna Longo and I am a Grade 9 student at The Fernie Academy. I live in the beautiful mountain town of Fernie, British Columbia. I dance, sing, act, play piano and guitar, and am on the volleyball team. The inspiration for my project came from my parents' concerns about our family's overall health and my interest in human biology. I could take this project further by researching whether or not gut microbiota are influenced by genetics or by creating a diet to increase gut microbiota efficiency and having participants of different ages, weights, and overall health levels follow the diet for a period of time with regular blood testing and regular follow-ups with a physician. The advice I would give other students thinking about doing a project would be to create a project based on their interests. This is my second year at CWSF.